HONORING THE LIFE AND SERVICE CONGRATULATING OF JOHN CEBALLOS CONTRERAS ROD

(Ms. ESCOBAR asked and was given permission to address the House for 1 minute.)

Ms. ESCOBAR. Madam Speaker, it is with a heavy heart that I rise today to honor the life of John Ceballos, who passed away after a lifetime of public service to our country and to El Paso.

I had the special privilege of knowing John as one of the most dedicated leaders in our veteran community. He was the chairman of the Benavidez-Patterson 82nd Airborne Division Association, where he continuously created a space of support for veterans. He was a mentor for the El Paso Veterans Courts program and would always celebrate the accomplishments of the 82nd Airborne Division.

To know John was to know a person of strength and resilience. He served in the U.S. Army for 8 years during the Vietnam war. After his time in service, he went back to school where he graduated from the University of Texas at El Paso, was bestowed a Master of Science degree, and became an instructor for the Department of Kinesiology.

Madam Speaker, we have lost a giant in our community, and I ask you to join me in paying tribute to the life of John Ceballos. May his legacy of precious memories and unwavering commitment to service continue to inspire us all.

NATIONAL FARMER'S DAY

(Mr. THOMPSON of Pennsylvania asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. THOMPSON of Pennsylvania. Madam Speaker, last week, we celebrated National Farmer's Day. On October 12, we recognized farmers past and present for their hard work in providing our Nation and the world with food, fiber, and energy.

It is a day to thank those who work by acres not by hours. Did you know that only 2 percent of the population feed and sustain the other 98 percent?

On National Farmer's Day, we can pay tribute to the men, women, and families who put food in the grocery stores and on our kitchen tables.

In 2020, agriculture and related industries provided more than 10 percent of U.S. employment. While National Farmer's Day has already passed, it is never too late to show your support or to thank a farmer. Consider visiting a local farmers market where you can buy directly from local farmers or spend a fall afternoon with the family at a pick-your-own farm where you can get the freshest fall apples and pumpkins.

Madam Speaker, it is important for us to thank our farmers and recognize their hard work not just on National Farmer's Day, but all year round. CONGRATULATING DR. JOSE CONTRERAS RODRIGUEZ ON HIS RETIREMENT

(Mr. ESPAILLAT asked and was given permission to address the House for 1 minute.)

Mr. ESPAILLAT. Madam Speaker, I rise today to congratulate my good friend and constituent, a veteran, a public health servant, Dr. Jose Contreras Rodriguez, on his retirement after dedicating over 65 years of his life to protect our Nation and the community's health.

Dr. Contreras hails from Santiago, the Dominican Republic, and he did his residency at the University Hospital in San Juan, Puerto Rico. Before completing his residency, he was drafted by the United States Army to serve during the Vietnam war, where he joined many honorable men and women who risked their lives to defend our freedom and our way of life.

After his military service, Dr. Contreras returned to Puerto Rico to complete his residency by 1971. He was also a community doctor. He helped lead efforts to combat the great inequities in the healthcare system and prostate cancer in the male population.

Dr. Contreras is a true hero in our community. He is a veteran, a doctor that practiced. He was chief of the department at New York Presbyterian Hospital. For many years he worked for the families in the community of Washington Heights, right there on Fort Washington Avenue, where he still has his office, his practice.

Madam Speaker, we congratulate him and we will miss him. We ask that this House would always remember Dr. Jose Contreras.

VACCINATION BY CHOICE NOT MANDATE

(Mr. LONG asked and was given permission to address the House for 1 minute.)

Mr. LONG. Madam Speaker, I want to read a letter that I got just 2 days ago. It is like a lot of letters I am getting today.

Billy, I am appealing to you as one of your trusted constituents and fearful mother of two Active Duty Marines. Is our government trying to force our courageous military into submissive robots? The disgusting abuse of power is now out of control when the government begins taking away our God-given rights from loval citizens and is seeking to take away the very dignity of those who served beyond measure. My son and daughter-in-law have served diligently and effectively with pride and honor for 14 years. What can I do to help this administration from taking our very hearts and stomping on them? I believe with every ounce of me God is in control here and we all know who will ultimately win this battle. What can I do to help win this sooner than later. Debi.

Madam Speaker, let me be clear. I have been vaccinated. I have had three shots. I encourage everyone to talk to their doctor. And if it is right for them, to take the vaccine. But ultimately, the vaccination should be a choice that shouldn't be mandated by anyone.

I had a mother show me a picture of her daughter in her fatigues looking at her newborn baby and telling me that a nursing mother is not exempt from this.

BLACK WOMEN AND GIRLS MURDERED

(Ms. BUSH asked and was given permission to address the House for 1 minute.)

Ms. BUSH. Madam Speaker, St. Louis and I rise because in 2020, four Black women and girls were murdered per day in our country, and that kind of violence has continued in St. Louis with many Black women and girls being shot, some murdered over recent months.

This is personal. I have had bullets fly past my head. I have been left for dead by a partner. I worry about whether my own daughter will get home safely.

We rise united under our message: We will break the cycles of violence that are killing Black women and mothers, our sons and our daughters, our trans and nonbinary neighbors, and our sex workers.

We urgently need the \$5 billion for community-based violence prevention services in the Build Back Better Act, and we won't stop until we have all that we need to keep each other safe.

AMERICANS ARE PAYING MORE

(Ms. HERRELL asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Ms. HERRELL. Madam Speaker, today, I rise in defense of American families who are worse off in every way since President Joe Biden took office exactly 10 months ago.

Today, the average U.S. household now spends \$175 more per month on groceries, gas, and their homes. In New Mexico, gas is a full dollar per gallon more than it was just 1 year ago. That may not mean much to Washington politicians, but it means a lot to people in rural New Mexico who have to drive long distances. It is the kind of cost that can hurt a family.

Food is more expensive, jobs are not coming back fast enough, and the Biden administration tells Americans that they will have to be happy with no Christmas presents this year. In the middle of all this, Democrats think that a Bernie Sanders' budget bill makes sense.

Here we sit, not even discussing the supplies and cargo sitting off the California coast. If this is the Build Back Better plan, then count me out because it looks like we need to start making America great again.

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HONORING BOBBY ZAREM

(Mr. CARTER of Georgia asked and was given permission to address the